

Welcome to Eastgate SDA Church!

A message from Pastor Eric Saylor

One of the greatest basketball movies of all time is the 1986 true story “Hoosiers.”

In this picture a visionary, unorthodox coach takes a small-town Indiana team from an abysmal record to the state championship by emphasizing a vision for just one main principle: teamwork.

At first it seemed too simple, even boring. The teenagers complained, resisted, and whined, but eventually, as they implemented the vision they began to win.

Success is rarely complicated, but it does take vision, dedication, commitment, and teamwork.

This Sabbath our Conference President, David Jamieson will be sharing a vision for our region. This isn’t his vision alone, it’s a vision that has developed through thoughtful prayer, study, and conversation. Some of us, in this church, have been involved in discovering this vision. We own it.

This vision, as with the story “Hoosiers” is simple, foundational, and common sense.

But more importantly, it’s biblical.

I hope you can join us as we worship together this Sabbath. As we rejoice in song, connect with God in prayer, are encouraged in fellowship, and are inspired by at the study of God’s word.

Early service will be at 9:00, Sabbath School at 10:15, and Second service at 11:30.

If you aren’t able to join in person we’ll be live-streaming second service on our [YouTube Channel](#).

~Pastor Eric

This Weekend: January 21, 2023: Elder David Jamieson

Next Weekend: January 28, 2023: Pastor Eric Saylor

Week At A Glance

Sabbath, January 21	9:00 – 10:05am	Early Service Worship
	10:15 – 11:15am	Sabbath School Study
	11:30am – 1:00pm	Second Service Worship
	5:30 pm	Elders Meeting
Monday, January 23	<i>Sanctuary will be closed this week for refurbishing project</i>	
	6:30pm	Fly Tying Group ~ Library
Wednesday, January 25	6:30pm	Prayer Meeting, Youth Room
Thursday, January 26	See Note in Newsletter about future Youth Thursdays	
Friday, January 27	7:00pm ~ Prayer and Praise Service 31 Days of Prayer ~ Fellowship Rm	
Sabbath, January 28	9:00 – 10:05am	Early Service Worship
	10:15 – 11:15am	Sabbath School Study
	11:30am – 1:00pm	Second Service Worship
Sabbath January 28	4:30 – 6:00pm	All Church Business Meeting ~ please come!

Eastgate SDA Church Service this Week ~ Second Service Outline

Worship Service 11:15am 01-21-2023 [Link to: ~ Eastgate Church: YouTube](#)

Gathering Song	Praise Team
Community Life	Liana St Clair
Kids Korner	
Children's Song	Praise Team
Children's Story	Kyle Craig
Songs of Praise & Worship	Praise Team
Prayer	Liana St Clair
God's Word	
Sermon Title:	<i>Elder David Jamieson, via Zoom presentation</i>
Scripture:	<i>Beating Around the Burning Bush</i>
Song of Response	<i>Exodus 3:1-5</i>
Benediction	Praise Team
	Liana St Clair

Worship Team today – First Service

Lead Elder: Liana St Clair
 Praise Team Leader: Melody Sjoren & Friends
 Pianist: Carrie Bergherm
 Greeter: Harry & Brenda Arriola
 Lead Deacon: Casey Cramer
 Lead Deaconess: April McCorkle
 AV Team: Kevin Renshaw & Bob Daniel
 Live Streaming: No live-stream early service

Worship Team today – Second Service

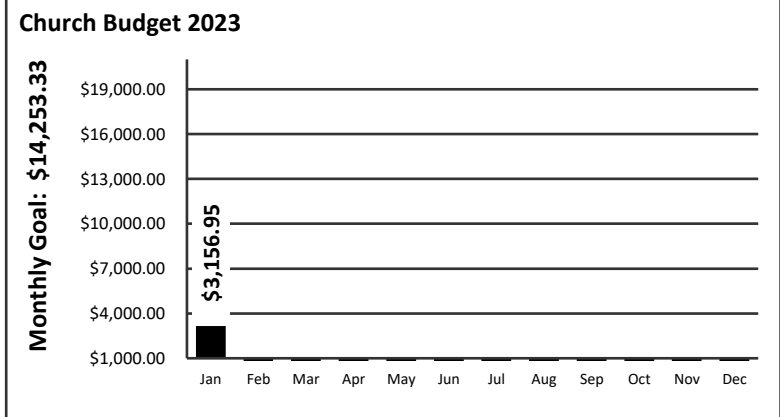
Lead Elder: Liana St Clair
 Praise Team Leader: Jimmy Schultz & Friends
 Pianist:
 Greeter: Len & Sue Laabs
 Lead Deacon: Casey Cramer
 Lead Deaconess: Heather Wimer
 AV Team: Dennis Anderson & Curtis Culp
 Live Streaming:

<u>Financial Report</u>	<u>RECEIVED</u>	<u>GOAL</u>	<u>NEED</u>
Student Aid goal for 2022-23	\$ 18,150.50	\$25,271.50	\$ 5,349.50
HVAC Up-grades	\$ 41,785.41	\$55,000.00	<i>Phase 1, 2 &3</i>

New numbers from 1-14-2023 were not available at the time of printing this newsletter, apologies.

January 21, 2023 ~ Church Budget

In Christ's parable of the talents (Matt. 25:14–30), it seems God gives people what they have. We then develop and use these, and then we give an account to Christ when He returns. Not everyone receives the same talents or the same number of talents. What talent(s) has God



given you? Some might be obvious, while others could seem minor or even uncertain. Let's take a moment corporately to consider what God has given to each of us. You can do this on your own, as well. You might already have a clear answer or two from God, or maybe you need more time. Perhaps each of us should do this at least once a week. However, the next question for us to consider would be, "What are you doing with what God has given you?" Yes, it comes from God, but He gives it to you to develop and to use for His glory and for the benefit of others. Today, instead of folding

your hands in prayer, please cup them together and hold them in front of you, demonstrating that you are receiving talents from God. Now consider, “What are you doing with what God has given you?” Let’s pray together, thanking God for our talents, and asking His guidance for their use.

Eastgate Church News & Events

Relationship Weekend featuring Jody Washburn, Associate Professor of Theology @ WWU

A weekend of relationship building for couples who are just starting out or those who have spent a lifetime together.

February 17; Friday Evening, a presentation titled:

“What We Already Have”

February 18; Sabbath morning, presentation titled: *“Being and Becoming the Image of God”*

Banquet, Saturday evening by reservation only: a catered banquet.

Babysitting for children during the banquet from 5:45 – 8:15

Since we have limited room, there will be a sign-up sheet for the banquet.

First come basis.

There will be a suggested donation of \$15 per person.

Sign-up in the lobby of the church this Sabbath.



Refurbishing Projects continue at Eastgate

We appreciate your patience as we work on additional projects including painting, wall construction, etc. The Sanctuary will not be available January 23 to 25 as projects will be on-going.

We would also appreciate your help in taking care of our church facilities. If you participate in an event where food or drink are part of the process or inside<>outside traffic is involved; will you help by making sure that spills are cleaned up immediately? If we could monitor our comings and goings so as to reduce excess yard debris being tracked indoors? When spills, mud, dirt, etc. are left for someone else to clean long term damage often occurs. Thank you for your conscientious acts of service.

Spring/Summer Grow Groups

Planning for a New Group or a Repeat Group?

There have been some amazing groups that we have seen impact our church and local community since Pastor Luke started us down this pathway of Small Groups or Grow Groups.

We invite you to start thinking about what type(s) of group(s) you would like to create and share in for the summer!

Youth Thursday Evening Gatherings – change coming ...

The Youth Leadership Team has decided to change things up for a while. They will be planning a monthly event rather than a weekly one. They will communicate with the kids and families and we will strive to remind you here in this space of up-coming events. Editor

Collegiate & Young Adults

Sabbath Morning Bible Study

Collegians and young adults (or young at heart) are invited to come for breakfast at 9:30am every Sabbath morning and stay for an engaging Bible study. We read a chapter of the Bible together and then dig deep to discuss the hard questions and figure out life applications. Come visit us at Classroom 115 and bring a friend! We are currently studying II Kings. For more information text Josh Boram (541) 870-4661 or Mary Castrejon at (360) 349-7126.

Men's Ministry: Thursday Night Men's Group ~ 7:30pm

Leader: Rob Becker, meet in Pastor's Office. This is a bible study group for men, lead by men, praying for men studying together. If this interests you please contact the group leader Rob Becker or our Pastor Eric Sayler.

Men's Ministry Monthly Breakfast and Worship Time: Next UP – January 29 @ 8:00am

We will gather again Sunday Morning, January 29. Join the men at 8:00am for physical and spiritual food to share! This will always be the last Sunday of the month unless otherwise noted.

Women's Grow Group: Rhoda Ehrman invites you to join a group of women studying together.

Starting January 9 they will begin a new book: "*A God Shaped Heart*" by Timothy Jennings. Contact her at 509-200-2826.

Expansion of Support Teams for Audio/Video and Live-Streaming ~ Help Needed!

Our Audio/Video teams could use more help. This is one area of ministry where more experienced operators would help to lighten the load.

Brian Hartman who leads the Live-Streaming Team is also looking for one or two more individuals who would be willing to learn and assist in the ministry of our On-line Worship Service.

There are those who use our YouTube as an option for viewing for a variety of reasons. We need to expand the teams. The Team Leaders would gladly speak to anyone who might be interested. Contact Brian Hartman or Bob Daniel if you might be interested in learning.

EASTGATE SDA WEBSITE! – <https://www.eastgatesda.org>

~ Sermon Archives ~ Bulletin Library ~ our weekly e-NewsLetter ~ Events Calendar ~ Offerings

EASTGATE SDA ON FACEBOOK Like and follow our page on Face Book!

<https://www.facebook.com/Eastgate-SDA-Church-206126468203> [Eastgate SDA Church](#)

EASTGATE SDA CHURCH ON YOUTUBE

YouTube: Eastgate Church ~ Our Church Service is now being broadcast on YouTube at the following Link: [Eastgate Adventist Church](#). Thank you for subscribing!

Walla Walla Valley Academy

Walla Walla Valley Academy ~ Auditorium Remodel Campaign

WWVA is raising \$1 million to update their auditorium. This project will serve many purposes on campus and houses special moments in many people's lives. This special space has served thousands of people throughout our WWVA and Walla Walla community. It is well-used and well-loved, but the time has finally come for some much-needed updates. To find out more, and how you can participate, visit news.uccsda.org/wwva1122.

Walla Walla University

Obituary: Former Walla Walla University president, professor, and long-time Walla Walla Valley resident Dr. John Dybdahl passed away on Wednesday morning, January 18. Memorial plans are pending, but a viewing will be held this Saturday afternoon from 3 to 5 p.m. at Mountain View-Colonial DeWitt. Those close to John and his family are welcome to stop by and memorial service details will be announced when available.

WWU Engineering students participate in Engineers without Borders. They have several projects including a local one for helping farmers with irrigation management and several international projects focused on providing potable water to several communities in Africa. On Sabbath evening, February 4 from 6 – 8pm they will be having a fundraising dinner. During the dinner their students will be sharing what they have been doing and their next steps forward with each project. More information for each project and to sign up for the gala can be found on their website: <https://ewb-wwu.org/>. This year's

Fundraising Gala will take place at the Marcus Whitman Hotel. Admission will be \$60 per non-student or \$30 per student.

You may choose to attend or simply to financially support these student lead humanitarian projects.

How to Pay for College—Workshop

Walla Walla University will visit Walla Walla Valley Academy to provide a free workshop for prospective students and their parents titled “How to Pay for College” on Wednesday, Feb. 15, at 6:30 p.m. in the WWVA music room. This 40-minute presentation will be led by experts from WWU Student Financial Services, and Marketing and Enrollment Services. After the presentation, attendees will have an opportunity to ask questions. Visit wallawalla.edu/workshops for additional scheduled workshops.

Walla Walla Valley News

Blue Mountain Television:

Good News from our Engineers!

Thanks to your generosity we can take the first step in moving the broadcast equipment to our Wallula Road facility. While the total funds required remain to be met, your support has deeply encouraged our engineers. Thank you.

We are grateful to SonBridge for their diligence in securing the server room roof and deeply appreciate their partnership.

To give a gift to **Save our Servers** project please call Blue Mountain Television at 509-529-9149

All of us at **SonBridge Center for Better Living** want to share our gratitude for your faithfulness in assisting as we bring Hope & Wholeness to people in the Walla Walla Valley. Your generous donations of goods, time and money allow us to provide a child with snow boots, a mom with an outfit for an interview, a man with coveralls needed for a job, money for rent, gas and utilities and meals for the people living in transitional housing. This week we received a thank you note from one of our support group attendees, expressing appreciation for a listening ear and for being treated with respect and dignity. Your generosity makes it possible for us to provide for others. If you would like to volunteer, find out more or donate to this amazing ministry, please visit sonbridge.org. May blessings and joy be yours!

The Christian Aid Center has a volunteer opportunity for a receptionist in our Women &

Children's Shelter on Friday mornings from 8:00 am to 1:00 pm. For more information, contact Jeannette Regalado, Community Engagement Director, at (509) 525-7153 ext. 114. You can also submit an application on our website at christianaidcenter.org.

Upper Columbia Conference of SDA News

Vertical: Thirty-One Days of Praying for Renewal

Do you like to start your year off right? Vertical: Thirty-one Days of Prayer for Renewal will begin January 1 and going through January 31, 2023. We invite you to participate in “Thirty-One Days of Prayer for Renewal.” Your participation will bring growth to your life as well as your church. Sign up at www.uccsda.org/vertical

Comfort Zone — UCC Health Tip

Comfort zone is “a situation in which you feel comfortable and in which your ability and determination are not being tested.” Cindy Williams, UCC health ministries coordinator explores how we benefit from being in our comfort zone. But are there ways we benefit from getting outside of our comfort zone? To read more about getting outside of our comfort zone and how it affects our health visit news.uccsda.org/comfort123

AMEN Northwest Conference Registration Open

Registration is open for the AMEN Northwest Conference being held at the Upper Columbia Conference office March 10-12, 2023. The theme this year is "Optimizing Mental Health: A Biblical Perspective." Keynote speakers are Dr. Daniel Binus, Dr. Tim Riesenberger, Dr. Eric Shadle, and Cynthia Stark. For more details and to register, please visit uccsda.org/amenconference

Youth Bible & Mission Conference — February 11



Mark your calendars, the Upper Columbia Conference, Youth Bible & Mission Conference, is being held for one day, February 11, at the Tri-City Adventist School in Pasco, WA. This year's theme is My Bible - HIS Mission. Registration for the conference will open soon so stay tuned for additional announcements.

READ THE LATEST NORTHWEST ADVENTIST NEWS at www.gleanernow.com Subscribe to *GLEANERWEEKLY*, the Northwest's weekly eNewsletter, at <http://www.gleanerweekly.com>

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[North American Division NewsPoints](#)

[North Pacific Union GleanerNow](#)
[Adventist News Network News](#)



Pathfinder Teen Retreat Registration Open

Registration is open for the Pathfinder Teen Retreat held at Camp MiVoden from January 27-29, 2023. The theme this year is "Let's Go Explore." To register visit <https://ucc.regfox.com/teen-23>



NPUC ACS/DR Training — February 23-26

All are welcome to join, but especially all those individuals involved in community services to a NPUC, SonBridge, Center for Humanitarian Engagement training seminar weekend, February 23-26 at Walla Walla University. Over the weekend receive Disaster Response CERT, attend a thrift store summit, or earn an Emotional & Spiritual Care Certification. To register and learn more about this weekend, visit bit.ly/NPUCtraining.

Sponsored by:
North Pacific Union of Seventh-day Adventists SONBRIDGE CENTER FOR BETTER LIVING CHE Center for Humanitarian Engagement

Northwest Adventist: connect.nwadventist.com

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Upper Columbia Conference Camp Meeting — June 14-17

After three years of online and hybrid camp meeting, UCC is happy to announce that there will be in-person camp meeting this year from June 14-17 at Upper Columbia Academy. Mark your calendars and stay tuned for additional announcements and registration.

Hear Ye Hear Ye Hear Ye!!!

There will be an All Church Business Meeting the evening of January 28 from 4:30 – 6:00pm.

- Please come and hear proposals for the coming year in all areas of ministry.
- Participate in approving a working budget
- Participate in discussions that affect how some of spaces may change in appearance.

This meeting will be held in the Sanctuary

Thank you for your participation!

Prayer Time ~ Cherishing People ~ "Pray for one another."

We are inviting you to pray for members and friends of our church family each day. Please keep this in a place that will make it easy for you to remember to pray for one another.

"... we do not make requests of *You* because we are righteous, but because of *Your* great mercy. *O Lord listen! O Lord forgive! O Lord hear and act!*"

(Daniel 9:18 & 19. NIV)

Anonymous:

Do you have an anonymous prayer request? Please state it via email to the church office, or on a communication card dropped in the offering box.

We will share it here anonymously for the body to provide prayer support!

Prayers from a father for his two teen children – that they stay safe in Christ!

Praises and Prayers of thanksgiving for members of this church who care for each other, for their children, their grandchildren and their church.

Prayers for older members who are struggling to maintain their independence and dealing with realizing their increasing need to rely on others.

Prayers for a brother who is struggling with addiction, trying to stay clean and sober while looking for a healthier work environment.

Requests: - What are your prayer requests?

Please remember Connie and Randy Roger's as they journey through treatment and travel to and from the treatment center. If you wish to assist financially? Please follow this link:

www.GoFundMe.com/w4pcx8-love-for-Connie

Prayers requested for Kristy & Dwight Bartlett as they travel a road of disease diagnosis and treatment.

Prayers for Birdie Einig as she has begun receiving treatments for her illness.

Prayers for Carol R. as she continues her recovery and adjustment to the loss of one of her eyes.

Prayers for traveling mercies for members of our faith community:

Prayers for a young man who is living in the homeless camp hoping to secure housing soon. – Shaun

Praises:

What do you have on your heart that you would like to share as Praise to the Lord!?!?

"Dear Eastgate Church Family: My heart is warmed by your gifts of kindness and gentleness as I navigate this very scary, new path of disability. Please continue to pray for me as I trust in Father God's provision going forward. Thank you... and Thank You Jesus, from whom all blessings flow." Evon Austin

Upgrading the nutritional value of your meals doesn't take much work when you have the right ingredients handy. Start by packing your pantry with these powerhouse herbs, spices and staples, then develop the habit of adding a few extra shakes, leaves and crumbles to jazz up the flavor of your food - and your health!

Basil

Helps skin, digestion and detoxification thanks to its vitamins A and K, iron, calcium and manganese.

Cilantro

Cuts risk of heart disease, obesity and diabetes while boosting energy and healthy skin and hair.

Ceylon Cinnamon

Acts as an antioxidant superfood to lower your risk of and help manage chronic conditions, such as diabetes and heart disease, while cutting your cancer risk.

Garlic

Revs up your immune system, helps prevent dementia and Alzheimer's disease, lowers high blood pressure and cholesterol levels and helps prevent cancer.

Ginger

Ranks as one of the "healthiest spices" in the world for its ability to calm inflammation and gastrointestinal upsets, aiding digestion and suppressing nausea and stress. A longtime go-to in traditional and alternative medicine, the versatile root can be used fresh, powdered, dried or in a juice or tea. It even fights the flu!

Mint

Grows easily in kitchen herb gardens and can suppress cold symptoms, boost brain function and energy, reduce bad breath and address irritable bowel syndrome and indigestion.

Onions

Adds spunk to recipes when raw but a mellow flavor when cooked. Renowned for inflammation-suppressing antioxidants, it lowers triglycerides, high blood pressure and "bad" cholesterol levels (thus, lowers heart disease risk), and it improves gut and bone health.

Oregano

Helps digestion, speeds wound healing, addresses viral infections and may even reduce coughing. Its well-known antibacterial properties and high antioxidant level are beneficial whether eaten dry or fresh.

Rosemary

Improves blood circulation, strengthens the immune system and "neutralizes harmful particles called free radicals," according to *Medical News Today*. A member of the mint family, rosemary is a wonderful source of vitamin B-6, iron and calcium (plus it smells wonderful).

Sweet Potatoes

Fills you with fiber which promotes gut health, stabilizes blood sugar and satisfies hunger. Research credits the tuber with supporting eye health, fighting cancer and serving up plentiful calcium, beta-carotene, potassium, iron and vitamins A and C.

Thyme

Reduces acne, disinfects wounds, lowers blood pressure and improves both your mood and immunity. It also can help treat yeast infections and prevent pests such as mosquitoes from biting.

Turmeric

Offers anti-inflammatory and other capabilities that increase memory, sooth joint pain, lower blood sugar, support digestive health and fight inflammation.

FEATURED IN: NOVEMBER/DECEMBER 2022 GLEANER

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